

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 109 – YOGA I (1 CR.)

Course Description

Focuses on the forms of yoga training emphasizing flexibility. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This health-related physical activity course will give students a basic understanding of flexibility through the practice of yoga postures, breathing, and relaxation techniques.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, jumping, and dancing. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Describe the concepts of yoga
- b) Perform Asanas to stretch and strengthen skeletal muscles
- c) Correctly execute balancing postures
- d) Use correct breathing techniques during a variety of postures
- e) Engage in relaxation and meditation techniques
- f) Modify Asanas to meet personal needs

Major Topics to be Included

- a) Body awareness drills
- b) Asanas, Yamas, Noyamas, Pranayama
- c) Balance postures
- d) Relaxation Techniques
- e) Body alignment principles
- f) Sun Salutations
- g) Benefits of yoga practice
- h) Creating a personal yoga practice